

Mayo Clinic Minute: Tips for parents when kids head outdoors

Video	Audio
	Kids often enjoy playing outside year-round. But summer weather brings unique challenges.
	Dr. Angela Mattke, a Mayo Clinic pediatrician, says when the bikes, scooters and Rollerblades come out, so should the helmets
Angela Mattke, M.D. Pediatric and Adolescent Medicine Mayo Clinic	"Make sure they're putting a helmet on that's going to protect them from serious traumatic brain injury, and it needs to fit."
	That means making sure the helmet is snapped and not too loose.
	Playing outside also means staying protected from UV radiation and exposure to the sun.
	"Make sure that your child is wearing protective clothing and also sunscreen. The sunscreen should be at least SPF 30, and it needs to be reapplied frequently."
	Dr. Mattke says ideally reapply sunscreen every two hours or more frequently if your child is in the water.
	And don't forget about protection from ticks and mosquitoes.
	"Make sure that your family's not being potentially exposed to tick-borne or mosquito-borne illnesses. Apply that insect repellent and reapply it as frequently as directed based on the type that you have."
	Most important, says Dr. Mattke, is to allow your children to play outside.
	"It's OK, you know, to let your child experience, you know, minor injuries and things like that. That's part of being a kid."
	For the Mayo Clinic News Network, I'm Ian Roth.